

Training Opportunities Tailored to your Needs

REST programs can be customized around your organization's requirements, and provided at your facility or an off-site location. Our training options make it easy for you and your group to get the results you need.

In order to accommodate the busy lifestyles of volunteers and your organization's preferences, the course can be delivered in one of two formats:

ONE-DAY COURSE—One 8-hour session, includes lunch and breaks

TWO-DAY COURSE—Two 4-hour sessions on two separate days.

All materials and follow-up resources are provided.

Our Master Trainer

LOIS SHEAFFER KRAMER has been involved in respite since the early 1980s as a respite worker, respite program manager, and respite worker trainer. She has maintained a leadership role in the Illinois Respite Coalition and is a member of ARCH, the national respite coalition. She has been instrumental in the development of Marklund's REST program.

For more information, contact Lois Sheaffer-Kramer at 630-529-2871, ext. 3234, or lsheaffer@marklund.org.

About Marklund

Marklund is a nonprofit organization that makes everyday life possible for individuals with profound disabilities. With two locations in Geneva and Bloomingdale, Illinois, Marklund provides residential and day services as well as educational opportunities to infants, children, teens and adults with special healthcare needs.

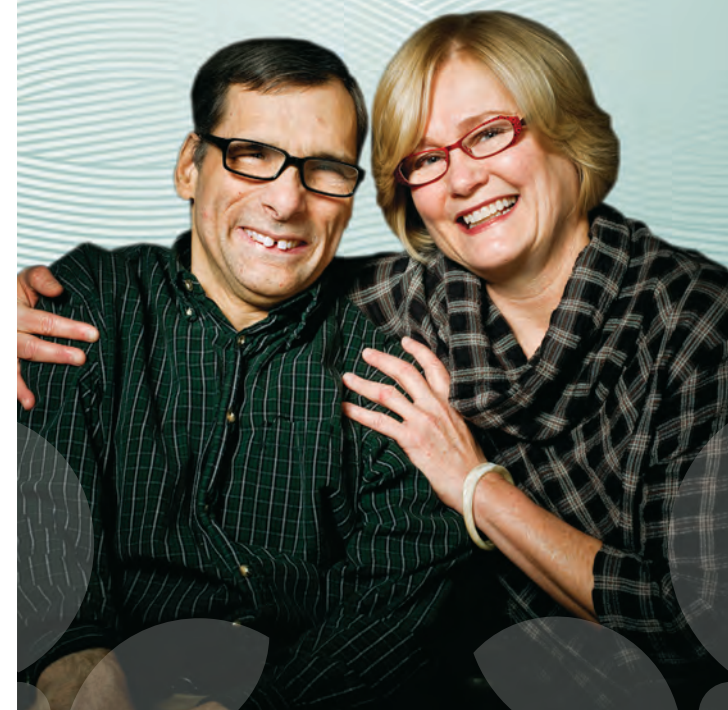


(630) 529-2871 • www.Marklund.org

164 S. Prairie Avenue
Bloomingdale, Illinois 60108

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RESPITE EDUCATION & SUPPORT TOOLS



INNOVATIVE TRAINING
FOR THOSE WHO PROVIDE
RESPITE CARE

You may have seen it first-hand: a family member, friend, business associate, or neighbor regularly provides care to a disabled or ill loved one. Many times this 24-hour responsibility is done in conjunction with working, and taking care of one's own family.

While often provided out of love, caregiving can be demanding, stressful and all-consuming. For their own sake, caregivers need help too. Whether planned or in emergency situations, respite care—**care provided to a child or adult with special healthcare needs in order to give temporary relief to the family caregiver**—is the only answer. But finding someone qualified to take over the care-giving responsibilities can be just as stressful.

VOLUNTEERS STEP IN:

Most people do not realize that caregivers often rely on individuals from their own personal network to assist with caregiving or providing respite care. Friends from church, neighbors and co-workers may volunteer to help out, however, are often unqualified to safely take on the responsibilities.



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RESPITE EDUCATION & SUPPORT TOOLS

To help create a network of individuals who are trained in providing quality, compassionate respite care, Marklund, a non-profit human services organization and a leader in respite services, developed **REST—Respite Education and Support Tools**—a unique two-fold educational program.

TRAIN THE TRAINER:

REST is a professionally designed “Train the Trainer” course that provides very specialized education to those who will then go out and train individuals to be respite care providers. Representatives from religious and healthcare organizations, senior living facilities, schools or other groups are eligible to receive this training and then share this education among their own communities.

TRAIN THE VOLUNTEER CAREGIVER:

REST is also an original educational course that provides volunteer respite training to adults and teens who want to offer very special care and assistance to caregivers. As a volunteer respite worker, you give the gift of your time to provide a valuable service. You will spend one-on-one time with a child or adult, giving only as much time as you are willing and able to give.

About the REST Course

The ultimate goal of this course is to assist individuals to become effective volunteer respite workers by learning the three key steps of support:

PREPARE • CARE • CONNECT

PREPARE:

- Respite: Definition/Value/Volunteers Role
- Crisis Intervention
- Introducing the caregiver and the care recipient
- Building relationships with the caregiver and the care recipient
- Overcoming obstacles in Communication

CARE:

- Practice good health and safety practices
- Overview of disabilities across the lifespan
- Creating a positive environment to handle ordinary and challenging respite situations

CONNECT:

- Understanding types of assist and adapted equipment
- Planning and adapting activities
- How to set up a successful respite relationship
- Confidentiality and coping skills
- References and support for the future

